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DOMESTIC GUIDE
TO
Homeopathic Treatment,
ALSO THE
HYGIENIC MEASURES
REQUIRED IN THE
Management of Epidemic Cholera.

BY
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ROCHESTER, N. Y.
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PREFACE.

This little book was written solely to be a guide to my clients, or patients, in the time of a prevalence of epidemic cholera, and it will therefore be limited in its circulation, to that end. As each physician is presumed to be prepared, and would prefer to direct those he is in duty bound to provide for in his professional capacity, it would be improper for the directions contained herein to encroach beyond their intended limit. During an epidemic of this disease, the practitioner has no time in which he can instruct individuals or families as to their requirements as fully as it may be desirable, or even necessary; therefore, the object of this paper must be apparent. There is yet reason to justify the hope that such a calamity as an epidemic of cholera may be averted, and if that hope should be realized, then, in that event, the statistics contained herein, but which only in

part illustrate the grandeur of homeopathy as an art of curing disease, together with the hygienic directions, may be worthy of perusal. The labor was performed under the ordinary difficulties which attend the daily life of an active practitioner, and although it is doubtless faulty, the motive which dictated it was too sincere not to permit the hope that the time required has not been misspent.

Rochester, N. Y., June 3d, 1885.

J. A. BIEGLER.

HISTORY AND STATISTICS OF CHOLERA.

The successful treatment of cholera is, like that of all other diseases, based upon the universal law of cure. This law was discovered in 1790 by the immortal Hahnemann, and announced by him in 1792. Like all great truths, the world received it with the bitterest hostility, and during his labor for the establishment of this law in the practice of medicine, Hahnemann shared the fate of great men of the world who have suffered persecution for adhering to truth. This law, like all universal laws, has always existed, because it is a law of God ; it is called the law of similars and is expressed by the term *similia similibus curantur*, like cures like. A practice based upon law can have nothing to do with the theories and inventions of men. Notwithstanding that this law was heralded nearly one hundred years ago, and that it has been successfully taught and practiced since

that time, it is either unknown, or misunderstood by a large part of the world, and it is wilfully ignored by the self-sufficient inventors of theories, the gentlemen of the old school, who want no law to guide them, but ~~to~~ choose rather to invent a theory for that purpose, as fast as their preceding favorite proves insufficient or has totally failed. It is wilfully distorted by a class of men who are without law, theory, or principles, and are simply mimickers of the practices of the old school; these are the so-called mongrels, who, while they have enrolled themselves in the ranks of Homeopathy by professing a belief in the law, are always ready to do anything, but to practice in accordance with its requirements; they discard the name and assail the master. But as Homeopathy has this law for its foundation, it will withstand unmoved, the attacks of its old enemies, combined with the acts of traitors in its own camp. Ignorance and treachery have never prevailed against the laws of God; therefore, those who would war against this law, can only come to confusion.

So much has been said of necessity in a general way, and as the object is to particularly show the beneficence of this law, which is the guiding star of homeopathy in the treatment of cholera, as well as in disease in general, I will at once revert to it.

When in 1829 and 1830 cholera commenced its first march from its home, to invade Europe, and its pathway became strewn with its victims—the dead—the alarm of the people who witnessed its approach became great, and in their anxiety they turned to their medical men, and on their superior skill rested their hopes of preservation from the impending danger. The semi-barbarian doctors had totally failed in treating the disease, but surely the great men among them, who now possessed the accumulated knowledge of twenty-five generations of doctors, would be able to cure this disease, if not avert its progress. Their trusted doctors of medicine did not fail them in so far as the faithful study of the disease could avail, for they nobly went to work with zeal, aided by their high attainments in science, to

prepare themselves for the onset. They studied the history of the disease, everything that visibly pertained to it ; its symptoms and pathology ; more than that they could not do for they had no law to guide them in the selection of curative remedies, in this, as well as in disease in general, and when the pest came they were as helpless as their less enlightened brethern in India. At least one-half of those attacked, died, but the average over Europe was seventy per cent. Before this time Hahnemann had promulgated homeopathy, and as yet his disciples were few. He too observed the approach of the dreadful scourge, but with a mind inspired by the Divine law, which he knew would provide the means with which he could save his fellow men and relieve them from the terrors of this plague. After close study of the disease and the *symptoms by which it manifested itself*, and in accordance with this law of cure, he was enabled beforehand to announce that camphor was the remedy, and with what result—"I learn from authentic sources that at Vienna, Berlin, and Magde-

burgh thousands of families, by following my instructions respecting the treatment by camphor, have cured, often in less than a quarter of an hour, those of their members who were attacked by the epidemic, and so effectually that their neighbors knew nothing about it, and still less their medical attendants, who oppose with all their might this treatment so simple, so rapid, and so constantly certain in its effects." Published pamphlet, Leipzig, 1831.

At this point statistics are required, and are therefore given to the extent of enlarging this paper beyond the original intention, more especially for the reason that in many instances they were suppressed because of the self-interest and fear of public opinion, on the part of the men who had previously persecuted Hahnemann, and who would not now admit of any facts establishing the truth of his doctrines. First let us look over the report of the London Homeopathic Hospital, and observe what was officially done with it, and it can then stand as an example of what took place under old school influence in other parts of the world.

In 1856, when the cholera prevailed in London, the Board of Health of that City became desirous of ascertaining the best mode of treating that disease, and for that purpose issued to the various Hospitals printed forms to be filled out with the statistics from each institution, in order that they might if possible, report to the profession the mode of treatment attended by the best results. Samuel Cockburn, M. D., Licentiate of the Royal College of Surgeons, Edinburgh, tells the result in his book on "Medical Reform," as follows: "The result of the treatment pursued in the different hospitals, was anything but satisfactory; the deaths in some cases under the most successful treatment were at the rate of thirty-six and one-half per cent., and in some cases nearly double of that; while in the London Homeopathic Hospital, the deaths were only sixteen and one-fourth per cent.; but, strange to say, the returns of the Homeopathic Hospital, which were duly sent to the Board of Health, were not included in the general report issued by the Board, and so

the government and the public at large were kept in ignorance as to the relative merits of the different kinds of treatment pursued in cholera, though it was the avowed purpose of the Board to obtain and supply such information for the public good." A report of from sixty to seventy-five cases of cholera (I am stating this from memory) treated in this city by a homeopathic physician in 1849 was sent to the Board of Health, giving name, date, and residence, and showing a result of no deaths ; it was received and noticed in a foot note, in the official report of the health officer, as "fictitious." Now, if there be one of the same order of mind, who when reading this London report would also write across its face the word fictitious, I would ask that self-sufficient doctor to halt and go slow, as there has been too much already of such arrogant dealing with facts, for the world does move, and has been moving since 1849, and it will not tolerate you. The time has passed when you can magnify yourself in its estimation by simply inflating your stomach, so we will quiet ourselves and read more of

its history. "There is one very important fact in connection with the treatment of the cholera patients in the Homeopathic Hospital which deserves to be extensively made known, and it is this : the medical officers of that hospital, desirous that the nature and severity of the cases received there, as well as the treatment pursued, should be witnessed and recorded by some neutral party, invited Dr. MacLoughlin,* a medical inspector appointed by the Board of Health, and one who always strongly opposed homeopathy, to watch the cases. He did so, and we cannot better convey an idea of the effect which was produced on his mind by what he observed in the hospital than by giving an extract of a letter which he himself wrote to one of the surgeons of the Homeopathic Hospital. He says: 'I did tell you I would report to the general Board of Health, the opinion I had formed of the manner the poor cholera patients were cared for in your hospital, and the success of your treatment, but finding

* Dr. McLoughlin is at present one of the Medical Inspectors of London.

that I could not enter into the details relative to your hospital without entering also into details relative to the Allopathic Hospitals, which would lead me into considerations foreign to the sanitary question before me, I therefore merely gave the results arrived at in yours, along with the results arrived at in other establishments, reserving to myself the liberty to say more in detail, what is the impression on my mind as to your treatment of cholera cases, when I publish a monograph on cholera. You are aware that I went to your hospital prepossessed against the homeopathic system, that you had in me in your camp, an enemy rather than a friend, and that I must therefore have seen some cogent reason there, the first day I went, to come away so favorably disposed as to advise a friend to send a subscription to your charitable fund, and I need not tell you that I have taken some pains to make myself acquainted with the rise, progress, and medical treatment of cholera, and that I claim for myself some right to be able to recognize the disease and to know something of what the

treatment ought to be ; and that there may be, therefore, no misapprehension about the cases I saw in your hospital, I will add, that all I saw were true cases of cholera in the various stages of the disease, and that I saw several cases which did well under your treatment, which I have no hesitation in saying would have sunk under any other. In concluding, I must repeat to you, and what I have told every one with whom I have conversed, that although an allopath by principle, education, and practice, yet if it were the will of Providence to afflict me with cholera and to deprive me of the power of prescribing for myself, I would rather be in the hands of a homeopathic than an allopathic adviser.' ”

The returns from this hospital were finally suppressed, and the reason given is that by publication they (the Board of Health) “would give unjustifiable sanction to an emperical practice, alike opposed to the maintenance of truth and the progress of science.” Right here it is not difficult to see the evil spirit behind the throne. The gentlemen comprising this Board were well dis-

posed to do right on the start, for they then stated their intentions as follows : "Impressed with the solemn fact that the ordinary treatment of cholera had on previous occasions been attended with woeful results, etc.," they therefore issued the necessary forms to the various hospitals for the purpose heretofore stated. Cockburn, in concluding his review of this transaction, says : "We are surprised that the medical men who drew out this general report, should, in such a momentous matter, have allowed themselves to be so far guided by prejudice and sectarianism, as to conceal from the public, the important facts made known to them in the returns of the Homeopathic Hospital. Surely sectarian prejudice beclouds the reason and intellect, and shuts out the light of truth. All impartial judges would agree that the system which saved the most lives was the system which was most in harmony with the *maintenance of truth, and the progress of science.*"

"The committee appointed by the Board of Health, with Dr. Paris as its President, decided otherwise, and withheld from the

Parliament and the country at large, the knowledge of the important fact that during the prevalence of cholera last year in London, while the mortality under the *most successful* allopathic treatment was thirty-six and one-half per cent ; under homeopathic treatment it was only sixteen and one-fourth per cent., or less than one-half."

STATISTICS.

Dr. P. P. Wells, in the March number of the Homeopathic Physician, gives the following data :

"In Russia in 1831, of ninety-three cases treated by allopathic practice, seventy-four and one-fifth per cent. died. In 1832, of 457,536 cases, forty-eight and one-half per cent. died. In 1855, in St. Petersburg, of 901,413 cases treated, fifty-one and one-half per cent. died. In the same country in 1831, while seventy-four and one-fifth died under allopathic treatment, only sixty-seven and one-fourth per cent. died of those who were not treated at all. Of those treated homeopathically, only twenty-one per cent. died. The low-

est rate of mortality under allopathic treatment was at Rive de Gier, 1854, and was thirty-three and one-third per cent. The greatest was reported from Tishnowitzer Berick, eighty-eight and one-half per cent.; the same report gives the deaths of those under homeopathic treatment as only five and two-fifths per cent." Admiral Mordvinow, President of the Imperial Council of Russia, in his official report for the epidemic in 1831, says, "not a single death has occurred where homeopathic treatment was resorted to in the incipient symptoms of cholera," and "all the patients cured by homeopathia regained, in a very short time, their former health and strength, while those who survived other treatments, were left in a state of weakness which lasted several months, and but too often terminated in other diseases which proved fatal." Let us now look over the returns of cases treated, not by guess work, but in accordance with this law of cure, or in other words, homeopathy. In Austria, in 1832, of 1,269 cases, six and two-thirds per cent. died. In Munich, 1836, two and two-ninths per cent. died.

In 1843, Dr. Rosenberg, of 14,024 cases, lost nine per cent. In 1849, in Cincinnati, Dr. Benjamin Ehrman, and the late Dr. Pulte treated 1,116 cases with a loss of three per cent., and 1,350 cases of cholera without loss. Dr. Tripi, 1854, of 641 cases, four per cent. died. Canton River, 1854, two and one-half per cent. Dr. Charge, in Marseilles, 1854, 151 cases, four per cent. died. In Champagne, in 1855, of 400 cases, four and one-half per cent. died. In Genoa, 1854, 841 cases, eight and one-half per cent. died. In Naples, 1854, Dr. Rocco Rubini, treated 703 cases, 391 of which were in the Royal Poor House, and in the third Swiss Regiment, with a loss of but two cases. Contrast this with the result achieved by the "scientific" gentlemen who will not be guided by a law of cure, in the same place (Naples) during the late epidemic, 1884, when over seventy per cent. of the persons they treated, died, which was precisely the same result they accomplished fifty years ago.

Surprise may be expressed by those who have listened to the vaunted display of the

men of "science" who claim to be the embodiment of all that is scientific in medicine, and who vainly boast of the advancement their science has made, that the healing art should, for all this, be so impotent and wretchedly forlorn in time of trial. The answer is easily given, and has been foreshadowed in the preceding pages ; it is this : These self-sufficient doctors of the old school reject the true mode of cure, because they did not invent it, but instead, it is given to them in the form of a law, so simple, and, as Hahnemann says, "because it is too near, and too easy, and because neither brilliant sophisms, nor seducing hypotheses are necessary to reach it." What then do they do ? They are guided by their idols, of their own make, and if we look back into their vain efforts during the epidemic which made such fearful havoc in France and Italy last year, we then have an illustration of their failures in relieving their fellow men from suffering and death. In this time of deep gloom and terror, they came into the field, with great expectations of gaining complete

supremacy over the disease, relying on their *additional acquired science* of the past thirty years, which evolved *only the hypodermic syringe*, of which they fondly and rightly believe themselves to be the sole possessors ; and besides, after fruitless search for three thousand years for (what they will never find) the essential cause of disease, have not their ponderous minds now become crowned with glory in having found the little microbe, which they are sure is the disease itself? What need then could there be for such gigantic minds to come lower down to God's simple way, and in accordance with the law of cure to find a remedy to cure the sick? No, they want no law. Why? Are they not sufficiently well prepared to meet this demand by reason of now knowing how to deal with the cause of the disease? Away with the nonsense of curing the patient. The enemy, that little microbe, must be killed, and then there can be no disease. Koch and Pasteur, the leaders, marshal out their forces in Italy and France, and the war begins. Syringes, squirt guns, and fumigating engines make a

terrible smudge, and a tremendous amount of "stamping" is done, and in addition to all this, do you not see the blazing fires in the streets, and the soldiers with bristling bayonets patrolling? Surely something is being done. It is a great sight for the children and they will always remember it. But the little microbe, the enemy attacked, does not seem disturbed in the least, for, if he is the real enemy attacked (cause of the disease), he has traveled at will in spite of the bluster, and bombast, and after all is over, the scientific army can claim the same victory they did fifty years ago, that of losing the precise number of human beings by the disease which they did in the first epidemic.

Let us read the official report of the American Consul at Marseilles, 1884. "Notwithstanding all progress in medical science, and the very perfect arrangements for collecting and treating the victims of the scourge, more than two-thirds of those attacked have died, even during the first fortnight of the epidemic, when all sanitary conditions were most favorable. These two facts, the almost

immediate transmission of the disease from Toulon to Marseilles, and the enormous death rate of seventy per cent. in the earliest stage of the epidemic, seem to prove that sanitary science and medical skill have made but little substantial progress in dealing with Asiatic Cholera."

RULES TO BE OBSERVED DURING THE PREVALENCE OF EPIDEMIC CHOLERA.

Avoid taking cold, or becoming chilled. Dress warm at all times, so that the body may be protected against a sudden check of perspiration, and in cool weather wear flannel. It is a good plan for old and young to wear a band around the abdomen, one of a single thickness of soft white flannel. Bathe in water of seventy-five or eighty degrees Fahrenheit, remain in it no longer than is necessary to have a free wetting of the skin, and then, immediately dry thoroughly. If then slightly chilly, put on extra clothing for a time.

Aside from the bad effects of improper living, as regards food and dress, there is no element more productive of sickness than a

mental state of fear. I have known a whole family (in 1849) attacked with vomiting as soon as an announcement was made that a case of cholera existed among them, and that too, when a moment previously none had the slightest idea that they were sick. It is not only possible, but probable, that the disease can be avoided simply by a reasonable observance of the hygienic rules of diet, notwithstanding that the sanitary condition of the premises, or the neighborhood may be bad. Filthy food, or cooking ; unwholesome food, and abominable mixtures of food, are more likely to be the immediate and exciting causes of sickness than the state of the streets, or even of the premises. As this exciting cause is avoidable, and just as it is understood and relied upon, it will greatly disperse the next bad element—fear. I do not hesitate to say that among the class of people who constitute the bulk of the cholera cases in time of epidemic, that it is not so much the squalor in which they live as it is filthy food and cooking ; unwholesome food and abominable mixtures, which are the exciting causes. It

must not be inferred from what has just been said, that people may be indifferent to the sanitary state of their city, neighborhood, or their premises, on the contrary, too much attention cannot be paid to this matter. While I do not give any weight to the new theory, now called a discovery, that living microscopic organisms called microbes, and which are said to live and propagate in filthy places, and stagnant pools, are the special means of spreading this disease, as well as diphtheria, I would strenuously urge the utmost care for cleanliness of cellars, houses, and the general premises, and also the strict removal of garbage, and all other vegetable and animal decomposing matter, for the reason that this is the cause of poisoning the system to such an extent as to make it a favorable receptacle for any disease. The essential cause of the disease is not known, it is probably imponderable, and will never be mastered by the materialists ; it may be what Dr. Benjamin Ehrman, of Cincinnati, who has had more successful experience in treating this disease, than anyone now living

in the United States, says : “ Judging from my experience and observation, I regard it as a Malignant Newrosis or Paralysis, caused by unknown miasmatic influences.” I feel certain that the bacillus, or any other microbe, is not the essential cause of the disease, but that it is a product of the disease in the form of organized fibrin (according to Dr. R. R. Gregg), and that it contains and conveys the miasm the same as any of the other dejections, or excretions of the body may do, and no more. The point here to be made is, that we must not lose our good common sense, in being led astray by reading the hobbies of the “ scientific ” gentlemen, and waste our time in hunting and stamping out a microscopic object, in which we will not succeed any better than did the people of Marseilles and Naples, last year. Therefore let us keep composed and care for ourselves with good sense and let others perform the antics we have just witnessed. Live regularly, keep regular hours for sufficient rest, avoid fasting, eat sufficient, but do not overload the stomach, masticate the food well, by so

doing you will not over eat, and also avoid an attack of indigestion which is the most frequent exciting cause of sickness during an epidemic. Do not wait for the prevalence of an epidemic of cholera to begin necessary reforms in habits of eating and drinking, but do it now, and do not make the change too sudden and too sweeping. There are but few points I would make prominent as guides prior to, and during the prevalence of this disease.

First—The common expression of keeping your head level, comes in right here; you will thereby not become sick through fear, and your judgment will be reliable in other requirements.

Second—Avoid spoiling your stomach, in the way of creating indigestion.

Third—Keep your temper down, and your conscience clear of meanness, and take plenty of rest by retiring early in a well ventilated room without draft, and, after having said your prayers, leave yourself in the hands of God, and all will be well if you believe in him, if not, well then something else may take place.

I have said before that the sanitary condition of the house and premises must be carefully attended to, and I would make an additional suggestion on this subject.

Have the sewer well trapped, and ventilated outside of the house, and in such a manner that the gases do not enter in through the windows. Burn all the refuse from the kitchen and from the table, after every meal. Ten thousand dollars are expended by our board of health every year, for the removal of garbage ; whether this is a sufficient sum or not, is not known ; however that may be, past experience should teach that no reliable help may be expected from that source, and should awake us to the necessity of taking care of ourselves, therefore, burn your garbage in your stove, or outside, every day, and waste no time in endeavoring to obtain relief from the authorities. By efforts in that direction, you may obtain a spasmodic effort, and again a proclamation to the dear public, announcing the noble intention of an endeavor in the near future to make arrangements with the druggists, and dealers, whereby

you may obtain coperas one-half per cent. cheaper than the market price, and perhaps, closing with an appeal to the clergy to invoke all good citizens to lend their aid in this laudable work.

It is well known that besides the natural pollution of water in small circumscribed lakes, such as that from which we receive our supply, by the decomposition of vegetable and animal matter, there is a more dangerous cause of contamination by means of the habitations erected on the shores of the lake, and an effort is now being made to remove this danger, which we may hope will in a great measure be successful. The shores of this lake all slope inward, and the drainage from the houses is necessarily into the lake. A report has lately been made by a gentleman appointed by the State Board of Health to investigate this subject. In his report he assures us that we cannot even console ourselves with the hope that the contents of the privies on those shores are in any degree purified by filtration, because the texture of those banks or shores, is coarse, being

chiefly composed of gravel. I would advise as a remedy which housekeepers can avail themselves of, and one I believe to be beneficial under even more favorable circumstances, that is to filter the water for drinking purposes, and I advise a filter to be composed of charcoal and gravel. Sometime, I don't know when, some great man announced that the earthy, or mineral substance, held in solution in most drinking waters, is necessary to the building up of the body, in the animal as well as in the vegetable kingdom. Now, as it has long been fashionable among doctors, for all the little ones to sneeze, whenever the great one chooses to delight himself in that way, we therefore hear a frequent condemnation of the filter. It is true that the human body requires the earthy and mineral salts for its structure, and its maintenance, but it is not true, that in order to supply these, it is necessary to drink water which contains lime enough to yield a shell sufficient to give an iron pot a solid coating daily, in such a case the filter will not divest the water of that or any other earthy substance, and boiling is the

best remedy. Under any circumstances, drinking water contaminated by animal and vegetable matter, more or less in a state of decomposition is vastly more injurious than any of the inorganic matters held in solution, can be beneficial. The only objection there is to the use of a filter, can be avoided by the good offices of the housekeeper in observing ordinary cleanliness, and by attending to its renewal sufficiently often to keep the material pure.

Further in the way of prophylactic measures, place in the cellar, according to its size, several bushels of charcoal, well broken up, and spread it out on a platform not far above the floor. Charcoal, by its great power of absorption, will readily take up gases which are generated by putrefaction, or from decomposing matter, which is a special cause of fevers of the typhus type that often forerun, or accompany an epidemic of cholera. But the point of the utmost importance to be remembered in preventing the spread of cholera, is to make the dejections from the patient powerless. This may be done in one of two ways : by fire, and it may be, chemically.

Fire certainly will destroy matter holding the contagion, but it is difficult to suggest an easy plan to operate with that element, and it may be that as good a way as any, would be to build an intense circular fire of wood, on the premises, or even in the street, and to saturate with the dejections, shavings, rags, paper, or anything that will absorb them and ultimately burn, and carefully place them in the center of the fire. Chemically, a plan is given to disinfect the dejections by covering the bottom of the bed pan, or any other earthen vessel, before it is used, with sulphate of iron, and afterward, to pour over the contents crude muriatic acid in a quantity proportionate to the contents of the vessel, about half as much acid. It must be remembered that heat is a sure disinfectant, therefore burn everything that is of little value. Other articles, which can be so treated, must be immediately placed in boiling water, such as bed clothing, towels, and the various dishes in use. Be not deceived with chlorine, or its preparations; they have their sphere of action, which does not cover cholera, or fever miasms.

GENERAL DIRECTIONS FOR THE TREAT-
MENT OF THE PREMONITORY SYMP-
TOMS OF CHOLERA.

During, and often before an epidemic of cholera, there is a stage of the disease marked by a slight, but unexpected diarrhœa which is often overlooked because it is regarded as an ordinary occurrence. This is cholera, and it is of the utmost importance that this attack be properly and correctly prescribed for, otherwise full development of the disease will soon follow ; but if the patient is in a reasonable time correctly prescribed for, there need not be the least fear entertained, because an attack of cholera will surely be warded off or cured. Therefore, lose no time in applying to a physician, but if for any reason there should be delay in reaching the physician, then time need not be wasted, and the following remedies may be resorted to *according to indications* :

Sulphur. If an ordinary diarrhœa sets in without decided indication for another remedy, or if the attack comes on *soon after midnight*, with profuse diarrhœa, vomiting, some cold-

ness, but no marked shock or prostration to the system, take a dose of sulphur dry on the tongue, and if necessary to repeat the dose, dissolve a few globules in half a glass of water, and take a teaspoonful after every stool, keep quiet, and the next day live on stale, well baked bread (home made bread), drink hot water, and all will be well.

Nux Vomica. After debauchery, alcoholic drinks, too much tobacco, drastic medicines, such as cathartics, the neighbors' or some other meddlers' favorite "Vegetable Pills"; after a fit of anger; stools, thin brownish, dark, watery; urging or straining after stool; vomiting food and drink; bile; sour mucous; chilliness.

Ipecacuanha. When there is a constant nausea and the diarrhœa is slight, this remedy is useful when such an attack is caused by fruit.

Phosphoric acid. This remedy is regarded as almost a specific in diarrhœa which precedes cholera. The chief indications for its use are: liquid stools, whitish gray color, sometimes containing undigested substances,

and particularly if there be a *sticky, or pasty tongue*, or red streak down the middle of the tongue.

Verartrum alb. Lastly but not the least in importance, comes this remedy. It is placed here after the other remedies, in the background, in order that it may not be too readily and indiscriminately resorted to. It is a grand remedy, and will be required in the more severe stages of cholera. It will also be more frequently required in cholera during the prevalence of cholera than the other remedies in this class, and it must be selected according to the symptoms of the disease. The indications for its use are, stools, brownish watery, blackish watery, profuse watery, *attack coming on suddenly at night*, vomiting and purging; tongue yellowish brown, violent thirst, vomiting *worse after drinking and moving*, burning in the abdomen, colic from fruits, and vegetables, no wind passes up and down.

Whichever remedy is taken, a dose should be taken dry on the tongue, and then a few pellets are to be carefully dissolved in half a

glass of water, and a teaspoonful taken after every stool. In order that time may not be wasted, the remedy must be changed if there be no sufficiently decided response after the third dose, for then it will be either that the remedy is not the right one, or that another is required. If the remedy given has relieved in one or three doses, be firm in not changing to another unless the symptoms have changed, but give it at regular intervals of two or three hours.

DIRECTIONS FOR THE MANAGEMENT AND
TREATMENT OF THE EARLY STAGES
OF CHOLERA.

Keep the patient quiet in bed, not permitting him to rise, not even to stool ; a bed pan must be provided for that purpose. The thirst is often intense, and for this small quantities of ice water may be given frequently, or better still, small pieces of ice may be freely given. If the patient can retain it, and desires it, toast water, warm or cold, may also be given. Immediately set some one at work to make an essence of beef or mutton,

in order that it may be had when wanted ; it may be soon needed, and when the time comes there is no other article of nourishment that can take its place. The first thing then to do, is not to waste time by crying, to raise a fire alarm, or to go into a fit, but to be deliberate, so that everything shall be right, and at the right time. To make this essence, then, the way to do is to get two or three pounds of lean meat, beef or mutton, and trim off all particles of fat (do not as is usually done, commission your butcher to do this, but have it done at home, by one whom you know will do it right.) Take half a pound of this lean meat, cut into very small pieces, and put it into a fruit jar, and add about four table-spoonfuls of water, then seal it up tight with the cover, and place it sitting in a saucer, into a kettle of hot water ; get the water to boil, and keep it boiling for three-quarters of an hour, then set it aside until needed.

The patient must be warmly covered, but no effort must be made “to make him sweat,” and if the extremities are very cold, have them occasionally rubbed with warm flannel,

and a stone jug containing a gallon or two of hot water may be placed at the feet (this is not necessary). It is too often the case, under other circumstances that a number of worse than useless persons are present in serious cases of sickness, who (if they are willing to do anything but talk) are sure to do the wrong thing. If then at a case of cholera some such person is present (which is not likely), let them do these things which are not important, but which may be done to prevent worse meddling. In the first part of an attack the patient may not be able to retain nourishment, only ice, ice water, or toast water will be retained, but very soon after convalescence appears, a little of the extract or essence of beef or mutton will be required, or if there be rapid sinking of strength when vomiting has ceased, judgment will dictate as to quantity and frequency. It must be remembered that it is not the quantity the stomach receives, that helps, but it is what the stomach can appropriate. It may be given, from a few drops placed on the tongue, to a half or full teaspoonful, every five to twenty minutes ;

the less, the oftener is it to be given. As the patient recovers, and the digestive powers become restored, a different form of meat nourishment, and other articles of food may be given. Beef tea or lamb broth may be substituted for the essence. Either of these articles should be made in the proportion of a pound of meat to a pint of water. Here again, care must be taken to have them exactly right, as soup, or greasy water will not be borne, and they will fail in giving the desired nourishment. Obtain for this purpose meat that is fresh, or recently killed, and let it be prepared by a careful person, in the way of divesting it of fat, skin and bone. After chopping fine, place a full pound of this meat into a tin or earthen dish and pour a pint of cold water on it, and set it on the back part of the stove, where it may steep and heat slowly ; it must not then boil or simmer ; when it has so stood for an hour, bring it to the front of the stove, there to boil thoroughly ten minutes if it is beef, if lamb or mutton, twenty minutes. Either of these preparations may be given in one, two, or three table-

spoonfuls in the same number of hours, and as recovery goes on and the patient shows a desire and ability to take more, the quantity may be increased to a half-teacupful every four hours.

About this stage of the case, a few additional articles of nourishment in the way of gruels, mucelagenous drinks, and milk may be carefully tried in the intervals, or at times in place of the meat preparation. Gruels made of farina, corn starch, pearl tapioca would be suitable, but they must be well boiled, two hours, and the farina four hours ; this too must be well strained. These gruels should be made with water, salted, and a little milk stirred into them when done. These directions may appear unnecessarily minute, because very few know but little of their importance, and it is only those physicians who know anything beside dancing attendance, who do fully appreciate them. Under circumstances attending a case of cholera, servants are not to be depended upon, they would rather run away, and if the patient's recovery depends on the knowledge of the average

housekeeper, without such directions, then the doctor with God's help may save him.

TREATMENT.

The number of remedies that may be applicable in cholera is quite large, but the number that are actually required is in most cases very small, not more than five or six ; therefore there is no necessity for a domestic guide to be perplexing where only simplicity can make it useful. If more remedies are required than are here given, which is not probable, it will be when there has been ample time to obtain the services of a physician. The first remedy which is above all others in importance, is camphor. This remedy has proved so successful in epidemic cholera since Hahnemann's time, that it has been misused by the old school physicians, and the mongrels, in mode of administration and as to the time of giving it, that is, out of season, when it was not indicated. Numerous mixtures, of which camphor is an ingredient, will appear in due season, as they have in former epidemics. These must be avoided,

for if camphor is the right remedy, when administered it will prove promptly, wonderfully curative in its simple state, and will do very little good when stupidly mixed with other drugs.

Camphor cannot be successfully administered merely for the name of the disease, that is for cholera. Like all other medicines its successful employment is done only in accordance with this law of cure, we have had up so prominently before us. Therefore, in order to understand clearly when the remedy should be given, we must understand sufficient of the history, or the symptoms, and stages of the disease. So far as that is concerned, the onset of the disease may be described differently from the prevailing idea even among physicians. It is Hahnemann's description of symptoms and classification of the stages that is here given, and which has been so indelibly impressed on my mind by an attack of the disease in 1849, that I therefore *know* that the description of symptoms, and classification of the stages of the disease to be correct. It will be noticed that the first stage is

characterized by a marked *shock without vomiting or purging*, and it is *at this time that camphor is so surely and speedily curative*, although it may still be of service in the second stage, but its administration is then devoid of certainty. It must also be observed that the disease is not always attended by this state of shock, but at once goes into the second stage. Experience teaches that as physicians depart from Hahnemann's doctrines as he gave them, they lose themselves in the mistiness of the ever changing theories, that rise and fall in their path as they journey on in practice, but it does happen but seldom, however, and only after groping in this state of darkness, for the best and most useful part of a life time, that one has the ability to return to where he departed from, and it is with this experience that no hesitation is now felt in giving the master's directions in the treatment of the severe forms of cholera; it is also given with the conviction that his concise description is not surpassed by any other, and that experience will show it to be reliable. He says: "Where the cholera first

appears, it usually comes on in the commencement in its first stage (with tonic spasmodic character); the strength of the patient suddenly sinks, he cannot stand upright, his expression is altered, the eyes sunk in, the face bluish and icy cold, as also the hands, with coldness of the rest of the body; hopeless discouragement and anxiety, with dread of suffocation, is visible in his looks; half stupefied and insensible, he moans and cries in a hollow, hoarse tone of voice, without making any distinct complaints, except when asked; burning in the stomach and gullet, and cramp pain in the calves and other muscles; on touching the precordial region he cries out, he has no thirst, no sickness, no vomiting or purging. In the first stage camphor gives relief, but the patient's friends must themselves employ it as this stage soon ends in death, or in the second stage, which is more difficult to be cured." At the time when Hahnemann wrote this, and this is still the case, camphor was but imperfectly proved, and he then advised it to be frequently administered, at least every five minutes, in

the form of the spirit (tincture), a drop on a piece of sugar, or in a spoonful of water. Also, in case the patient's mouth is closed by trismus (spasms) and he cannot swallow, to evaporate some camphor on a hot iron in order that he may inhale it, this is not to be done continually, but from time to time, in a reasonable way. This recommendation to administer camphor in the crude state was made in 1830 and 1832, before that substance had been proved, and Hahnemann changed his views on that point, which he has expressed in later writings. Some of the most able homeopathists have experienced entirely satisfactory results from the potencies, and some report entire success with it in the higher potencies in cholera. But as the experience of a large class of practitioners who are still living, has been that of success in the lower potencies, it is deemed best, for the good of the greatest number, not to urge anything different, and to advise the use of the lower potencies, or even the drop doses of the tincture, as in the latter form it will be more readily available to the majority of peo-

ple. I believe, however, that another epidemic will establish as a fact that the potentized camphor is far beyond the crude, the most successful ; for this is the experience obtained from all other remedies, and in a law of nature there are no exceptions. Hahnemann says in regard to the prompt administration of camphor, "the quicker this is done at the first onset of the first stage of the disease, the more rapidly and certainly will the patient recover ; often in a couple of hours, warmth, strength, consciousness, rest and sleep return, and he is saved." This brings us to an important item in the administration of camphor and that is to know when it is acting favorably, and what to do when that is the case. Its favorable action is first manifested by return of the *natural heat of the body*, and *perspiration*. Then it is that the time of giving must be lengthened to twenty minutes or half an hour, or to give the higher potencies every two hours. It must be understood that camphor will not save every one who takes it, but its action has been such as to justify the advice in domestic practice to use

it at once, without waiting for the physician, and then, his judgment, if he is a true homeopathist, will decide on whatever other means is necessary, if any, or else if the patient is necessarily still dependent on domestic help the following directions should be followed :

SECOND STAGE.

Concerning this stage Hahnemann says :
 “If this period of the commencement of the disease, so favorable to recovery and speedy cure, by the above indicated employment of camphor, has been neglected, then things look worse ; then camphor is no longer serviceable. There are moreover cases of cholera, especially in the northern regions, when this stage, with its tonic spasmodic character, is hardly observable, and the disease passes instantly into the second stage of clonic spasmodic character ; (alternation of rigidity and relaxation) frequent evacuation of watery fluid mixed with whitish, yellowish, or reddish flakes, and, along with insatiable thirst and loud rumbling in the belly, violent vomiting of large quantities of the same fluid,

with increased agitation, groaning and yawning, icy coldness of the whole body, even of the tongue, and marbled blue appearance of the arms, hand, and face, with fixed sunken eyes, diminution of all the senses, slow pulse, excessively painful cramp in the calves, and spasms of the limbs. In such cases the administration of a drop of camphor spirit every five minutes, must only be continued so long as *decided* benefit is observable (which with a remedy of such rapid action as camphor, manifests itself within a quarter of an hour). If in such cases decided benefit is not soon perceived, then no time must be lost in administering the remedy for the second stage." The camphor having been tried *for a short time*, a quarter or at longest half an hour, *in the second stage*, or when the case at once progressed to this stage, Hahnemann then expresses a preference for cuprum, and adds that similar good results have been obtained from Veratrum Alb ; but notwithstanding, he declares the cuprum to be more serviceable, and that, sometimes a single dose is sufficient, when allowed to act without a

second being given, as long as the patient's state goes on improving. These three remedies, camphor, cuprum and veratrum alb are the only remedies which Hahnemann specially gives to us for the treatment of cholera, and they are the only remedies required, in most cases, and may be implicitly relied on in domestic treatment, if given at the right time and in the proper manner, but there are a few others that have been used with success in later epidemics by his true followers. Jatropha is a newer remedy, and it promises to be a grand one ; it has been used with success in recent epidemics and will be likely to prove of service if veratrum alb should fail, or sometimes in place of that remedy.

The following are the additional remedies ; their indications are mostly taken from Dr. Ehrman's directions, as they are the most concise, and therefore the best for domestic guidance ; by his courtesy they are here given :

REMEDIES.

Veratrum Alb ; if profuse and forcible evacuations *of rice water up and down,*

with large draughts of cold water, are the predominant symptoms ; accompanied by *prostration*, coldness, cramps in the lower limbs, etc., or give

Cuprum ; **if the cramps in hands, bowels, or chest are the predominant features**, with blue face and lips, etc., with or without evacuations, or

Arsenicum ; **if sudden prostration, intense thirst for cold water, drinking little but often, and vomiting immediately are predominant** ; or for distressing dyspnœa (difficulty of breathing) driving the patient out of bed, with fear and anguish depicted in the face.—Ehrman.

Jatropha. Vomiting of *large quantities of watery, albuminous substances*, burning in the stomach, rumbling *and noise as of a bottle of water emptied* in the abdomen, not ceasing after stool, *violent cramps in the legs and feet, coldness of the body, general cold, clammy perspiration*, violent unquenchable thirst, pale face, blue margins about the eyes, *indifference to pain*. Bell, in his work on homeopathic treatment of diarrhœa, would place this remedy in

the first stage of cholera, but an experience of the disease places one of its prominent indications, "indifference to pain," in the second stage.

ADMINISTRATIONS.

When camphor is the remedy to be given, if the tincture is to be used, give drop doses on a piece of sugar every five, ten, or fifteen minutes, giving afterward a teaspoonful of cold water. For a young child who could not take it in this manner, have on hand some homeopathic pellets saturated with the first dilution, and give three or four of the pellets in about the above stated time. The higher preparations (potencies) of camphor, will doubtless prove the most efficient; if they are used, the time for the repetition of the dose will be the same until improvement shows itself, when the interval between each dose should be made longer than would be the case with the tincture, or the first dilution. As to the other remedies, give a dose every ten, fifteen, or twenty minutes, *and as soon as some abatement shows itself*, lengthen the

interval to double the former time, and if then more improvement is shown, lengthen it to one, two, or three hours. If this direction of the repetition of the dose is not observed because of the lack of deliberate judgment, and the necessary firmness, then an *aggrava* aggregation of the disease will be established in consequence of too long continued frequent repetition of the dose, from which there will be no time to relieve the patient. It will generally be safe to change to the next best indicated remedy, when no improvement is observable after the third or fourth dose of a given remedy. The first dose may be given dry on the tongue, a few pellets, and the subsequent doses should be given in solution; for this purpose dissolve a few pellets carefully in a few teaspoonfuls of water, and then pour into the glass sufficient water to fill it half full; stir this thoroughly and give a teaspoonful for a dose. For the congestions, or other sequæ of the disease, that may show themselves after recovery in consequence of constitutional dyscrasia, or miasm, consult a physician for which there will be

time ; treatment of that kind would complicate these directions.

COLLAPSE.

The following treatment, given by Dr. Ehrman, is here embodied not to supplant the offices of a good physician, but because even at this stage of the disease it may happen that the patient is out of reach of that aid, or for other reasons not obtaining it, then a cure may still be performed by intelligent persons, and a life be saved :

“ Good homeopathic treatment in the previous stages is seldom followed by collapse, but as we may be called to such cases, it is best to be prepared to attend them. The principal remedies, that have proved efficacious in this state are : *Carbo veg*, *secale cor*, hydrocyanic acid, aconite and nicotine.”

“ *Carbo veg*. For anxiety of mind, cold breath and tongue, choleric face, cold clammy sweat, hoarseness, suppressed pulse and urine, desire for cold air, aversion to warm coverings, and general prostration.” Give a dose every twenty minutes until improvement sets in,

then every hour until it is established, when the remedy must be discontinued.

“*Secale cor.* The patient lies quietly in a semi-comotose or semi-paralyzed state, complains in a husky whisper of dimness of vision, dulness of hearing, tingling in the ears ; also for internal heat, or burning with external coldness, numbness and formication in the limbs, with cold clammy sweat, suppressed pulse and urine, and *aversion* of being *covered*. A great many cases presenting the above symptoms, given up by other physicians were cured in a short time.” Give this remedy as directed for carbo veg.

“*Hydrocyanic acid.* This was once prescribed by Dr. Ehrman, with success, to a lady aged forty-four years. She was attacked with cholera, after having had a miscarriage and flooding for a week. She was attended by the founder of the Physio Medical school, until collapse set in, when he gave her up. The principal feature of the case was, in addition to general prostration and emaciation, **threatening paralysis of the heart.** In consideration of the dosing with teas and

herbs, he gave the first dilution dissolved in a glass half full of water, of which one teaspoonful was given every fifteen minutes for the first hour, and afterward every thirty minutes until better. The patient was relieved in four hours, and finally restored by china and phosph. acid."

"*Aconite.* Besides general prostration, **complete suppression of pulse, voice, urine, icy coldness of the limbs**, restlessness *with frightened and anxious* looks, etc., for this condition he gave this remedy in a case of a young lady who had been attended and given up by three physicians successively (allopathic and eclectic). A dose was given every fifteen minutes for the first hour, and afterward every thirty minutes until better. The next morning pulse and warmth was restored, and in a few days she was entirely well."

"*Nicotine.* **Perfect collapse**, where diarrhœa, vomiting and thirst have ceased entirely, **icy cold perspiration** on the *forehead*, and impending paralysis of the heart.

REGULATION OF DIET DURING THE
PREVALENCE OF EPIDEMIC
CHOLERA.

Articles which should not be eaten during the prevalence of cholera :

Acid, and unripe fruit, fruit and vegetables, including lemons, limes, sour oranges, pine-apples, olives, melons, and the various kinds of nuts. Sweet oranges may be proper, but when they are eaten with other food which would make an incompatible mixture, like milk, they may cause trouble. The pulp of the orange ought ^{not} to be eaten. Mixture of fruit and milk is to be avoided. Raw vegetables, such as cucumbers, radishes, onions, tomatoes, and those as are hard to digest, such as corn, salads of any kind, cabbage, etc.

PASTRY.

Heavy pastry, meat and fish pies, rich pastry, and that contains spices and aromatics, mince pies, cheese, etc.

CONDIMENTS AND BEVERAGES.

Ardent spirits (old toppers, and the little tipplers, will be sure to advise a little of the

ardent with some "pepper in it" and will always take it with you, for the stomach's sake to keep the cholera out, but they, more than any other transgressors, help to swell the ranks of the doomed, in time of an epidemic). Home made wines such as ginger, currant, bitters, and other so-called tonics, raspberry vinegar, and all acid drinks; tea and coffee to be regulated by the physicians (it is better not to drink either); soda water, and its accompanying abominations, the artificial syrups; these are made of amylic alcohol, or fusel oil; with one of its salts, acetate of amyl, the chemist creates the flavor of nearly every fruit, and it is in this manner the syrups you so freely take from the accommodating soda vender, are made. Artificial mineral waters, or, even the natural mineral waters, everything containing vegetable, or mineral acids, catsups, pickles, garlic, sage, mint, orange peel, vanilla.

FISH.

The most oily kinds of fish, eels, also lobster and oysters.

MEATS.

Veal, pig, fresh pork, fresh or salted tongues, sausages of all kinds, tripe.

The most of these articles are not forbidden because of any apprehension of directly producing this sickness, but in consequence of their tendency to irritate the stomach, thereby producing a state of indigestion, which is a favorable state for the invasion of cholera.

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